

Guidelines for Submitting a Program Proposal

Your program should align with one of the 8 Dimensions of Wellness

Session Length: 25 or 50 minutes

Session Types:

- Lecture
- Interactive
- Hybrid (mix of lecture and interactive)

Title: Create a clear and concise title that adequately conveys your program's content.

Program Abstract: Outline an abstract that briefly describes the content of your program. In the abstract, you should include the program purpose, a summary of the content, and a short description of any activities involved. Abstracts can be 750 characters (including spaces) or less.

Program Outline: Design a program outline that offers an in-depth insight into the content of the program. It should closely align with the information included in the abstract, however, should provide a more detailed description of the program you plan to present. You may include some background information, overview of the content, and a description of the format. If you are presenting research, you may include a description of methods used, findings, and implications for practice.

Learning Outcomes: Establish learning outcomes that clearly define the goals of your program. Learning outcomes should clarify expectations, help you check for understanding of content presented, and allow your audience to identify competencies that may be achieved as a result of participating in the session. Outcomes should ideally map to one of the conference themes and outcomes listed below.

Conference themes and outcomes for each theme:

- Theme 1: Modeling health and wellness in the workplace
 - Attendees will be able to articulate one dimension-focused method of modeling self-care in the workplace
 - Attendees will be able to explain the importance of modeling self-care in the workplace.
- Theme 2: Encouraging student well-being through programs and policies
 - Attendees will be able to interpret at least one sign for distress or concern for a students' well-being
 - Attendees will be able to explain at least one campus referral procedure related to wellness programs and services
 - Attendees will be able to describe how a department supports at least one dimension of wellness
- Theme 3: Exploring the connection between well-being and student success
 - Attendees will be able to describe a theory-based mechanism that connects a dimension of wellness with a component of student success.